

"mommy,
this is the best meal ever!"



PORK RECIPE MAGIC: Healthy meals
that please the toughest critic – your child.

IT'S 5 O'CLOCK: do you know where your dinner is?

Time-crunched moms want premium-tasting meals. With a little advance planning, your family can enjoy gourmet meals while you unwind after a long day. The following meal plan delivers, with minimum time and hassle. **Here's how it works.** You prepare the basic recipe. Then simply freeze it. Days – or weeks – later, add seasoning or sauces for high-powered, high-taste meals in minutes. **Eating well gives joy to life and health to the body.** And planning ahead gives peace of mind to moms. The perfect recipe for success!

BASIC RECIPE: latin pork roast

Prep Time: 10 minutes

Cook Time: 1 ½ hours of hands off cooking

Prepare Savory Latin Rub: Combine 2 tablespoons chili powder, 2 teaspoons brown sugar, 2 teaspoons ground cumin, 1 teaspoon ground cinnamon, ½ teaspoon ground red pepper and ½ teaspoon salt.

Spread the Savory Latin Rub over 4-lb boneless pork roast and place in shallow roasting pan. Bake at 350°F for 1 ½ hours. (Baste roast with cooking juices every 30 minutes). Meat should be at internal temperature of 155-160°F. Remove roast and let it rest for 10 minutes.

Divide roast evenly into 4 pieces. Refrigerate or freeze three pieces for later meals. Slice and serve the remaining piece with baked sweet potatoes and sautéed green beans. Each piece makes 4 (3 oz) servings.

southwest stir-fry fajitas

Prep Time: 5 minutes

Cook Time: 12 minutes

Take one piece of the Latin Pork Roast prepared earlier out of the refrigerator or freezer. Defrost, if frozen. Cut into thin strips. Heat 1 tablespoon of vegetable oil in a large skillet over medium heat. Add 1 sliced onion and cook 5 minutes until slightly softened. Cut 1 red and 1 green pepper into strips. Add to pan. Cook 5 more minutes until peppers are tender. Add Latin Pork Roast slices and 2 teaspoons Worcestershire sauce. Heat 8 flour tortillas according to package directions. Divide pepper and pork mixture between tortillas, top each with 1 tablespoon shredded cheddar cheese and wrap. Top with salsa, plain yogurt or sour cream.

island pork and mango salad

Prep Time: 8 minutes

Cook Time: None!

Take one piece of the Latin Pork Roast prepared earlier out of the refrigerator or freezer. Defrost, if frozen. Cut into ½-inch cubes. In large bowl combine 6 cups of mixed greens, 2 cups canned or cooked black beans, ¼ cup chopped red onion, 2 peeled and cubed mangos. (No mango? Use 1 cup canned pineapple instead.) Pour ⅓ to ½ cup of your favorite bottled vinaigrette dressing over the salad. Divide between 4 plates. Make 4 servings. Serve with Sassy Corn Bread.

Sassy Corn Bread: Combine 1 (10 oz) box of corn bread mix with 1 cup defrosted frozen corn kernels, ¼ cup shredded Cheddar cheese, ½ cup milk and 1 egg. Bake in a greased 8x8x2-inch baking pan at 375°F for 20 to 25 minutes. Let cool 10 minutes before cutting. Options: Add a 4.5 oz can of diced green chilies and ¼ teaspoon of liquid hot-pepper sauce to the batter for extra spice.

moo shu pork

Prep Time: 5 minutes

Cook Time: 7 minutes

Take one piece of the Latin Pork Roast out of the refrigerator or freezer. Defrost, if frozen. Slice into strips. Prepare 2 cups of brown rice using package directions. While the rice is cooking, heat 1 tablespoon vegetable oil in a large non-stick skillet over medium heat. Add 4 cups pre-packaged shredded cabbage with carrot and 1 small sliced onion. Cook for about 5 minutes until soft. Add 1 to 2 tablespoons water to prevent sticking if pan gets dry while cooking. Add ⅓ to ½ cup hoisin or plum sauce to pork. Cook until heated through – about two minutes. Serve with cooked brown rice. Makes 4 servings.